

Take Action NOW: What You Can Do To Decrease Your Risk of Cancer

Program Summary

The current Canadian Cancer Society data states that one in three Canadians will have cancer during their lifetime, and that about one-third of 12 major cancers can be prevented. This program covers the recent scientific findings on lifestyle behaviors and choices that can significantly decrease the risk of getting cancer or having a cancer recurrence. Participants can take action NOW to protect themselves and their families.

Chris Carruthers, PhD, was part of the Tom Baker Cancer Centre Patient Education Team for 15 years.

Participants will:

- Discover the cancer statistics that may affect them.
- Take action on the 5 steps that reduce risk.
- Learn the current guidelines for cancer screening.
- Choose healthy foods that reduce risk.
- Adopt regular physical activity.
- Protect themselves from skin cancer.
- Learn where to find support for health change.

Program Outline

Assess your risk

Feel in control of your health

The 5 steps that reduce cancer risk

Creating an action plan for yourself and each family member

Finding credible information

Your Next Action Steps